

**Important Information from  
Ancira Team Services!  
PLEASE READ AND SHARE WITH  
YOUR COVERED SPOUSE!**



You're receiving this letter because you (and your covered spouse) signed up for the Good4U program during Open Enrollment of this year. In Phase 1, we did employee meetings to inform them about it. Now in Phase 2 of the launch, you will begin receiving communication by mail, email, or phone from our friends at Personalized Prevention. **SHARE THIS WITH YOUR COVERED SPOUSE!!!** Ancira has hired Personalized Prevention to help us with our GOOD4U program. The whole point about GOOD4U is to **IMPROVE YOUR QUALITY OF LIFE and HEALTH.** This letter will help explain...

### **What is it and Who are you *Participating With?***

All employees were invited to join Good4U. If you are a spouse covered under Ancira's HCA-medical plan, you likewise will need to participate. Insureds with Ancira's HCA medical plan (the "bucket" plan) receive a \$25 monthly credit toward their medical premiums, 2011 'bucket' allowance funding of \$1000/\$2000\*, AND the Good4U program is paid for by Ancira. Some employees who are not insured with Ancira's HCA medical plan joined the program for \$10/month – just to be able to have these great health-improvement opportunities available and be a Team Player.

Access and Participation will be made easy for you. It's not going to be "hard" to enjoy the benefits of Good4U.

### **How do I 'Register'?**

When you look at the back of this page, you'll see whether dates apply to the Good4U option or if it's considered Ongoing. "Challenge" programs will have registration opened only during specific event dates. The first challenge, *TV Time Out*, began June 21. If you're doing this Challenge, you'll turn in your TV Time Out log no later than August 3 to get participation credit. The next challenge is *Be the Cure*, followed by *Get Fit on Route 66*. Employees will be given printed documents for each challenge, but in case you misplace your form, the printable documents can be found online at [www.ancira.org](http://www.ancira.org) > Good4U during the challenge dates. We'll also post information at [ancira.org](http://ancira.org) and throughout the workplace and mail you more information as the Good4U initiative heats up.

There are even 2 interactive health programs provided by Willis, our insurance broker: *The Biggest Loser* and The American Cancer Society's *Free and Clear* smoking-cessation program.

### **What does 'Participate' mean?**

**Participant** (employees + covered spouses) needs to complete **a minimum of 2 'participation challenges' EACH.** (children don't need to participate). **If you're in the Ancira HCA medical plan (the "bucket" plan), your 2011 Bucket Money allowance amount will be dependent on successfully completing your minimum requirements** (you can do as many as you like, but 2 is the minimum – 2 for you and 2 for your covered spouse – you can both do the same 2 or different ones). **'Participate'** means you enroll in 2 or more options between June 1 and November 1 and complete what is asked of you. That may mean reading *The Culprit & The Cure* and doing its Log or doing the Route 66 Challenge and its Log or taking advantage of the Disease Management program (for example, if you have diabetes). The PARTICIPATION OPTIONS are on the back of this page. When you're using a SERVICE in the program (such as Health Coaching or Smoking Cessation) your participation is met by your successful completion of the program. When you're doing a CHALLENGE, your participation is met by submitting the required documentation following the challenge. You can scan/email documentation to [support@personalizedprevention.com](mailto:support@personalizedprevention.com), or fax it in to 866-907-7584 by close of business on the day after the conclusion of the challenge (or mail/deliver it to the Ancira Team Services office P.O.Box 29719, SATX 78238).

**→It's YOUR responsibility for timely submittal of Logs/participation documents. Save proof of successful submission!**

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\*2011 HCA (Bucket) Funding will be \$500 for Single HCA-Insureds and \$1000 for Dependent HCA-Insureds. By participating in Good4U, you will respectively double these amounts. The "Entry Plan" has no such funding; this feature is not applicable. Questions about Funding? Call 558-5005.

## **Good4U Options & Dates:** (all components and materials are pre-paid and free to members of Good4U)

### **1.) TV TIME OUT**

**June 21 – August 2 (submit your Log no later than 8/3 for participation credit)**

The goal here is to decrease sedentary time spent in from of the TV and increase time in stress-relieving and physical fitness activities. Participants will track time watching TV as well as engaged in healthy activities with the goal of having more healthy behaviors totaled at the end of the challenge. *Materials provided: TV Time Log*

### **2.) The Culprint & The Cure Book Club**

**August 16 – September 20 (submit your Log no later than 9/21 for participation credit)**

Participants learn realistic ways to improve their current health by integrating the simple methods suggested in the book. Participants who sign up for this challenge will be responsible for reading the book (free, provided on-site), completing the *supplied Log*, and submitting the log to Personalized Prevention (or your store's designated coordinator). *Materials provided – Book, Behavior Log*

### **3.) Get Fit on Route 66**

**October 4 – November 29 (submit your Log no later than 11/30 for participation credit)**

Participants will register and track physical activity as they complete the Route 66 fitness log. Participants will turn in the log at the end of the eight weeks. *Materials provided – Route 66 Fitness Log*

### **4.) Maintain Don't Gain**

**December 6 – January 4 (you must do a 3<sup>rd</sup> Participation option in addition to this BEFORE November 1 due to dates; submit your Log for this challenge no later than 1/5 for participation 2011 credit)**

The average American gains roughly 5 to 7 pounds between Thanksgiving and the beginning of January. The goal of this challenge is for participants to simply maintain their weight throughout the month of December. They will record a start weight and continue to weigh in once per week throughout the month. *Materials provided – 4 week weight log, and email tips to make it through the holiday season successfully*

### **5.) Smoking Cessation**

**Ongoing – Join Free & Clear anytime before November 1<sup>st</sup> for participation credit**

The American Cancer Society offers an expensive but highly successful smoking cessation program that will be offered through our Good4U program at NO COST to our Good4U employees/spouses who smoke and want to quit. For more information or to register for this benefit, call Personalized Prevention @ **1-800-515-6641**.

### **6.) Disease Management**

**Ongoing – Join anytime before November 1<sup>st</sup> for participation credit**

Are you coping with a specific illness? If you or a covered dependent are, for example, coping with **diabetes** management, high blood pressure, asthma, and similar, you will LOVE this! Register with Personalized Prevention @ **1-800-515-6641** for free access to (among other things):

- **Registered Nurse** Care Manager to help you reach your personal health goals
- Individualized health management programs that are **simple** and **achievable**
- **Easy** communication with your RN Care Manager
- Enjoy better **health and quality of life**

### **7.) Health Coach**

**Ongoing – Join anytime before November 1<sup>st</sup> for participation credit**

If you/spouse choose Health Coach as one of your participation options, you will have one-on-one services from a licensed Health Coach. During your initial meeting/call with the Health Coach, she'll schedule your first health coaching session. Over the course of about 3 months, you'll receive roughly 2 hours of private health coaching providing you with tips, tools, and support towards meeting personal health goals.

**About your health coach:** *Debbie Roberts has a Masters in Education in Kinesiology from Texas Tech University and has been teaching health, fitness and wellness classes in the university setting for over 25 years. She has completed the Wellcoaches training course and greatly enjoys working with clients to help develop and implement personal wellness plans.*

### **8.) The Biggest Loser**

**Follow your progress along with the TV program. Your participation will be logged/counted from the Premiere through 11/30 for participation credit.**

This is an online challenge that runs in tandem with the TV show. More info will be provided in August. You will track your progress online and participate either on your own or join as a 'Team'. Prizes will be awarded.

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- More information as well as registration for various options can be found at [www.AnciraGood4U.com](http://www.AnciraGood4U.com) (or [www.ancira.com](http://www.ancira.com) > Good4U).
  - IF YOU DO NOT HAVE WEB ACCESS (or need other help), CALL PERSONALIZED PREVENTION AT 1-800-515-6641.